

*Additional Nutrient Standards for Specific Grade and Age Ranges That Software Developers May Provide in the Software Approved by USDA for Nutrient Standard Menu Planning (NSMP)*

These age and grade ranges were published in the *Code of Federal Regulations* for School Breakfast and School Lunch, but are not part of the specifications and requirements for approved software. Software Developers may choose to provide these additional nutrient standards to their users.

**Chart 1. Nutrient Standards for Breakfast – By Grade**

<b>Nutrients</b>	<b>Preschool</b>
CALORIES	388
PROTEIN (g)	5
IRON (mg)	2.5
CALCIUM (mg)	200
VITAMIN A (RE)	113
VITAMIN C (mg)	11
FAT (g) <sup>1</sup>	
SATURATED FAT (g) <sup>2</sup>	

**Chart 2. Nutrient Standards for Breakfast – By Age**

<b>Nutrients</b>	<b>Age 2</b>	<b>Ages 3, 4, 5</b>
CALORIES	325	388
PROTEIN (g)	4	5
IRON (mg)	2.5	2.5
CALCIUM (mg)	200	200
VITAMIN A (RE)	100	113
VITAMIN C (mg)	10	11
FAT (g) <sup>1</sup>		
SATURATED FAT (g) <sup>2</sup>		

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<sup>1</sup> Not to exceed 30 percent over a school week.

<sup>2</sup> Less than 10 percent over a school week.

**Chart 3. Nutrient Standards for Lunch – By Grade**

<b>Nutrients</b>	<b>Preschool</b>	<b>Grades 4-12</b>
CALORIES	517	785
PROTEIN (g)	7	15
IRON (mg)	3.3	4.2
CALCIUM (mg)	267	370
VITAMIN A (RE)	150	285
VITAMIN C (mg)	14	17
FAT (g) <sup>1</sup>		
SATURATED FAT (g) <sup>2</sup>		

**Chart 4. Nutrient Standards for Lunch – By Age**

<b>Nutrients</b>	<b>Ages 3-4 (Preschool)</b>
CALORIES	517
PROTEIN (g)	7
IRON (mg)	3.3
CALCIUM (mg)	267
VITAMIN A (RE)	150
VITAMIN C (mg)	14
FAT (g) <sup>1</sup>	
SATURATED FAT (g) <sup>2</sup>	

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<sup>1</sup> Not to exceed 30 percent over a school week.

<sup>2</sup> Less than 10 percent over a school week.